

(St. Charles Hospital Logo)

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**FOR IMMEDIATE RELEASE**

## St. Charles Hospital Introduces Birmingham Hip Resurfacing – An Alternative to Total Hip Replacement for Patients with Active Lifestyles

**(Port Jefferson, NY)** – Now, patients suffering from hip pain can benefit from an exciting alternative to total hip replacement – Birmingham Hip Resurfacing (BHR). St. Charles is the only hospital in Suffolk County to offer this technologically advanced surgical procedure that offers a unique approach for younger, more active patients with hip pain. For these patients, BHR restores active lifestyles while allowing them to keep more of their original bone.

In traditional total hip replacement surgery, surgeons remove a large portion of bone to accommodate a hip prosthesis. Hip resurfacing requires only a few centimeters of bone to be removed as surgeons shape the bone to fit tightly inside the Birmingham Hip Resurfacing implant. Simply stated, BHR resurfaces rather than replaces the end of the thighbone. The benefit for patients is the ability to participate in more strenuous physical activity with an implant that is potentially more stable and longer-lasting.

While the BHR implant closely matches the size of a patient's natural femoral head (hip ball), it is substantially larger than the femoral head of a traditional total hip replacement implant. This increased size means greater stability in the new joint as well as a decrease in the risk of dislocation after surgery. Dislocation is a leading cause of implant failure after total hip replacement. Additionally, the Birmingham Hip implant is an all-metal ball and socket joint while traditional hip replacements use a metal ball and a plastic socket. Over time, the plastic socket wears down and may need to be replaced surgically. All-metal total hip replacements reduce joint wear by 97 percent compared to total hip implants containing these plastic sockets.

Ideal candidates for Birmingham Hip Resurfacing are physically active patients, under 60 years of age and suffering from hip arthritis, hip dysplasia or avascular necrosis of the hip. Patients are able to walk, swim and bicycle during the 12 months and return to jogging or tennis after the first year after surgery.

St. Charles Hospital is a 301-bed acute care hospital with a Centers of Excellence in Maternity, Orthopedics and Rehabilitation. The orthopedics program offers the most technologically advanced treatment available. In 2006 more than 700 total joint replacement surgeries were performed at St. Charles, more than any other hospital in Suffolk County. For more information on BHR or orthopedics at St. Charles, please call (631) 474-6979.

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